

WHAT IF

you got the help
you needed to
finally quit
tobacco?



Are You Ready to **BREAK THE HABIT?**

JOIN A TOBACCO CESSATION PROGRAM!
Starting November 2nd!

*Free, but
space is
limited.*

*Register
early!*

Four Corners Health Department
and York General Living Well
program is offering a **FREE** tobacco
cessation program called “**Beat the
Pack!**”

The class meets once weekly for 4
weeks and offers step by step
support to help participants on their
journey to quit using tobacco.

It offers the support you may need
to live a life without tobacco. You
also will get a variety of options
available in Nebraska to help you
successfully quit using tobacco.

Classes will take place
on **Thursdays** in November via
Zoom from 5:15pm – 6:45pm.

Interested?

For more information or to
register, please contact Angel or
Chris at:

Four Corners Health
Department

info@fourcorners.ne.gov

(402) 362-2621

(877) 337-3573

Zoom link will be sent out early
the first week in November to
everyone who has registered.



YORK GENERAL



**Four Corners
Health Department**



Public Health
Prevent. Promote. Protect.

